

# WILDWATER RACING DISCIPLINE SUPPORT MODULE

## Syllabus

This document provides details of the British Canoeing Discipline Support Module WW Racing (DSM) for course organisers and candidates.

### PREREQUISITES

At the point of registration the following prerequisites are required;

- £17.50 Registration Fee for Home Nation Comprehensive Members
- A British Canoeing Coaching Qualification
- Age 16 years of age, or older

### COURSE LENGTH

6-hours

### OVERVIEW

The British Canoeing DSM WW Racing Part 1 is designed to assist coaches who want to gain more knowledge about the specialist discipline of WW Racing. The course introduces and explains the basic techniques and strategies for coaching WW Racing Techniques. The course is a mix of theory and practical activity to ensure everyone has time to try things out. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabi written to focus on coaches who are likely to be supporting the beginners.

### DELIVERY

Practical activities will be in context of the core skills covered in the WW Racing Technical Manual. Coaches will work toward understanding these core skills, while building sprint specific coaching tools to aid the delivery of fun and productive sessions. The course will involve both bank and water based practices. The content will include the foundation skills of WW Racing, some training theory and discipline specific coaching practice.

## LEARNING OUTCOMES

By the end of this module participants should be able to:

- Identify the foundational elements of Wild Water Canoeing : Rules, Calendar, Safety & Equipment
- Recognise and understand the core components of Wild Water Canoeing: Skills, Technique, Physiology, Preparation & Strategy
- Understand the key concepts in the Wild Water Canoeing Coaching Manual
- Recognise and understand the elements of preparation, delivery and review within a competition environment (linked to British Canoeing Level 1 and/or Level 2 Coaching Syllabi)

During the course, participants will also;

- To have been introduced to the basics of planning & organising a Wild Water Racing session
- To have experienced wild water racing coaching in a small group
- To have decided what YOU do next as a wild water racing coach ... and where to find help and more information
- Summary: The course will involve both bank and water based practices. The content will include the foundation skills of wild water racing, some training theory and discipline specific coaching practice.

## FURTHER READING

*Wild Water Canoeing Coaching Manual*

*BCU Coaching Handbook*

Chapter 1, Coaching

Chapter 12, Forward Paddling

Chapter 20, Racing

Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1

Session	Objective	Learning outcome	Key content
<b>1. Wild water racing explained</b> <ul style="list-style-type: none"> <li>What is Wild Water Racing?</li> <li>What are the key demands of Wild Water Racing?</li> <li>What are the Core Skills of Wild Water Racing?</li> <li>Introduce Paddler pathway</li> </ul>	Theory and background knowledge	<b>The coach understands:</b> The essence of Wild Water Canoeing. The 3 core foundations for WWC The core requirements of Wild Water Canoeing The principle of TTPP (Tactical, Technical, Physical, Psychological), British Canoeing performance awards Paddle power scheme	Introduce Paddler pathway Concept of flatwater speed transferred onto WW WW skill dictates % transferred. Flatwater, Whitewater & WWC specific cores Introduce overview of basic, intermediate and advanced levels within paddler pathway model
<b>2. Wild water Coaching</b> What is a Wild Water Canoeing Coach? Boat v Bank-based coaching. Basic goal setting for WW Canoeing Principles of training Dynamics of a session Assisting a session Use of Video	Theory and coaching practices	<b>The coach understands:</b> What a Wild Water Coach is. The pros and cons of coaching from the water or the bank The fundamentals of goal-setting using SMARTER. (training/competition use) How Training works. How a session can change Assisting or supporting another coach Recording and analysis from Video	Sprint and Classic considerations River inaccessibility Helmet cam assisted coaching FOV considerations Coach or athlete mounted Classic training feedback issues

Session	Objective	Learning outcome	Key Content
<b>3. Wild Water Canoeing Equipment</b> Wild Water Canoeing Boats Types Fitting out & repairs Paddles Clothing, Helmets, Buoyancy Aids & Spray decks Securing Boats on vehicles	Theory/Coaching and background knowledge	<b>The coach understands:</b> The issues of equipment type, size and spec on coaching Wild Water	Full footrest Seat blocked in Back strap Thigh bars fitted Pull bars Hip pads  Compromise of control & performance
<b>4. The Basics of Planning a Wild Water Canoeing Session</b>  A 3 point focus: <ul style="list-style-type: none"> <li>• Safe</li> <li>• Enjoyable</li> <li>• Learning</li> </ul>	Hands on awareness of planning a session	<b>Coach has experience of :</b>  Risk assessing a Wild water canoeing site to be able to run a safe Wild Water canoeing session. Use of CLAP (Communication, Line of sight, Avoidance, Position) for dynamic risk management. What makes Wild Water canoeing session enjoyable! Creating a learning environment for WW Canoeing techniques and skills to be coached. Rescue options & managing the site & group	Sprint & Classic considerations River inaccessibility Avoidance key tactic for WWR training. Incremental progression of difficulty to reduce risk

Session	Objective	Learning outcome	Key content
<b>5. Fitness &amp; Training</b>  Basic Physiology of warming up and warming down Training & periodisation	Theory  Coaching practices  Practical skills	<b>The coach understands:</b>  How to direct a warm up appropriate to the activity and warming down. The physiology of Wild Water Canoeing. Paddling, Cross-training, Paddle machines, Weight training & Periodisation	
<b>6. The Principles of Wild Water Canoeing</b>  3 Core foundations <ul style="list-style-type: none"> <li>• Flat water</li> <li>• Whitewater</li> <li>• WW Canoeing</li> </ul>	Theory	<b>The Coach Understands</b>  The need to develop core flat water and white water skills in addition to transfer to WW Canoeing  The benefit of developing skills outside of WW Canoeing and then applying to WW canoeing	Well developed flat water forward paddling  Well developed White Water skills  Transfer and adapt to WW boat

Session	Objective	Learning outcome	Key content
<b>7. Foundation Wild water Canoeing Skills</b> <ul style="list-style-type: none"> <li>• Getting in &amp; out</li> <li>• Breaking in &amp; out</li> <li>• Ferry gliding</li> <li>• Drills &amp; forwards technique</li> </ul>	Practical	<b>The coach is able to deliver</b> <p>Basic skills for turning and changing direction  Key drills for flat water and short periods of flow  Basic kayak &amp; canoe Strokes  Wash hanging  Measurement &amp; feedback</p>	Getting in etiquette Edge awareness  Forwards paddling drills 1,3,5 blade holds Cadence drills  Wet hands Drop hip steering 1 stroke steering 2 stroke steering
<b>8. Basic Wild Water Canoeing techniques</b> <ul style="list-style-type: none"> <li>• <i>Technique</i></li> <li>• <i>Steering</i></li> <li>• <i>Reading Rivers</i></li> <li>• <i>Comparing Lines</i></li> <li>• <i>Drills for Whitewater</i></li> </ul>	Practical observing on water& through DVD/Video	<b>Coach Understands:</b> <p>How to take the core paddling techniques and successfully apply them to wild water  How to exploit the natural features of the river to gain speed  How to adjust forward paddling technique for rapidly changing water conditions  How to manage a group on white water</p>	Key principles of river technique Timing strokes – synergy with the white water  Paddle on shoulders Keep with flow line Deep coloured water Entry point, angle and speed  Pulling deep Steering – shortened length Steering – Flow differential/feature Reading rivers Comparing Lines Soften the transitions

Session	Objective	Learning outcome	Key content
<b>9. Further action</b>  Reading Action planning feedback	Background knowledge  Coaching practices	The coach is able to action plan for their development and recognise methods of improvement	

## SPRINT DISCIPLINE SUPPORT MODULE PART 1 (DSM 1)

### Example Programme

This example programme illustrates how the above session content can be delivered in the 6 hour course. Course Directors are at liberty to alter the training programme but **MUST** cover all of the syllabus content (as above).

Time	Content	Notes
0900-0930	Arrive and complete any relevant paperwork	Complete Course Schedules
0930 Classroom	Course Introductions and what you want from the Course	Director to Facilitate
0940 Classroom	What is Canoe Sprint-Core Skills, Race Rules and Paddler Pathway	PowerPoint Presentation
1015 Classroom moving Outdoors	Foundation Sprint Skills 1. Analyse video footage-focusing on observation skills Boat, Body, Blade. 2. Equipment 3. Planning a Sprint session-Risk Assessment	Use Club Athletes or Coaches on the Course during the practical sessions
1100 Practical	Warm Ups-what should be included and the importance	Land and Boat
1115 Practical	Coach led Forward paddling technique session bringing the earlier classroom session to life	Coaches to use IDEAS when delivering if possible
1215-1245	Lunch	
1245 Classroom-Coach Led	Review morning sessions Chunk down Race Starts-video What does it entail? Re-focus on observation skills	Get the group to chunk down the technique-go as far as they can
1315 Classroom-Student Led	Talk through planning a session Split into 2 Groups- Chunk down Crew Boat Technique in the groups and plan a session to deliver	As Above but Student led
1400 Practical	Using information from 2 sessions earlier deliver planned sessions around Starts, Crew Boats-coach facilitated	Using the IDEAS method of delivery (link back to British Canoeing UKCC Level 1 Course)
1445	Review Practical Session Revise simple Coach/Athlete Facilitation Tools	Introduce Spiders Web type tools Markers
1500 Classroom	Introduce Ergometers-Training Zones, Strokes Rates	Safe Use Sessions used HRM Graphs for Training Zones Using Stroke Rates
1540 Classroom	Question and Answer Session Introduce the logbook Recommended Future pathways and Courses	
1630	Course Close	